



Horseback Riding Programs

Newmarket

Horses at Heart

Equine Assisted therapy with a focus on Mental Health and Autism

Ages: 4+ yrs

All Abilities

905-898-1530

Waterstone Farms - 17900
Dufferin St Newmarket

info@horsesatheart.com

<http://www.horsesatheart.com>

Special Olympics: Newmarket Ringers Floor Hockey

Ages:

Intellectual
Disabilities

Stonehaven PS - 875
Stonehaven Ave. Newmarket

newmarket.floorhockey@specialolympicsontario.ca

<http://newmarket.specialolympicsontario.ca/home/sports>

Ashburn

Windreach Farm

Specially designed to meet the needs of individuals with a variety of disabilities, WindReach Farm includes fully wheelchair accessible pathways, trails, buildings, barns and stables. Offering five Core Programs, WindReach welcomes both the special needs and able-bodied communities.

Ages: All ages

All Abilities

905-655-5827

312 Townline Rd. Ashburn

information@windreachfarm.org

<http://windreachfarm.org>

Markham

Restorative Reins Equine Therapy and Wellness Centre

647-390-5397

Various Private and Group Lessons

Ages: All ages

All Abilities

Markham 10997 Kennedy Rd.

info@restorativeins.com

<https://www.restorativeins.com>



Bradford

**Dreamwinds Equine
Assisted Learning Centre**
2800 Line 10 RR2 Bradford

<https://dreamwinds.ca>

2800 Line 10 RR2 Bradford

Ages: 6+ yrs

All Abilities

tracey@dreamwinds.ca

Toronto

**Community Association for
Riders with Disabilities
(CARD)**

416-667-8600

<http://card.ca>

CARD's therapeutic horseback riding program benefits riders who seek physical or cognitive therapies, who have a variety of disabilities, including Autism, Down Syndrome, cerebral palsy, and multiple sclerosis. The swinging, repetitive motion imparted to the rider through therapeutic horseback riding helps improve balance, coordination, strength and muscle tone, while gently mobilizing the joints. Therapeutic riding also improves sensory processing, focus and concentration, the ability to learn concepts, and communication skills.

4777 Dufferin Street, Toronto

Ages: 4+ yrs

*Dependent on
medical status
and therapy goals*

info@card.ca



Oro/Coldwater/Orillia

**The Horse Sanctuary at
Stonegate Farm**

Therapeutic Riding

Ages: 8-26+ yrs

*Must be able to
push their
wheelchair
independently
and follow
instructions*

705-791-4441

1090 Warminster Sideroad RR3
Coldwater

Lillian Tepera and Robert Timlin -

horseplaysanctuary@gmail.com

<http://horseplaysanctuary.com/wp/index.php/therapeutic-riding/>

Utopia/Barrie

Hikewood Therapy Services

*Offers therapeutic riding,
Occupational therapy, group
programs,*

Ages:

All abilities

705-817-0559

2452 Holmes Drive E Utopia

Lindsay Hikele

<https://hikewood.com>

Innisfil

Springland Riding Stables

*Offers special needs lessons
and therapeutic riding*

Ages: 8+ yres

*Must be
ambulatory*

705-431-7009

1321 9th Line, Innisfil

srs_info@springlandridingstable.com

<http://www.springlandridingstable.com>